



The Navigator

Neighbors Helping Neighbors- Waterfront Village

A neighborhood-based membership organization supporting older residents of Southwest Waterfront and Navy Yard

Issue 84- February 2024

Fresh Start for New Board President Eicher

Village Town Hall Draws A Crowd

Village members came out in full force to attend a Village Town Hall, led by Board President Peter Eicher, at the Southwest Library at the end of January.



"This is a great turn out," said Eicher. "I look forward to hearing all your ideas and suggestions."

"We know the Village is a priority for many of our members. It is their enthusiasm and commitment that helps us establish our goals for the future," said Executive Director Pam Troutman. President Eicher was pleased to see so many familiar and new faces. While the Village leadership includes people who have been a part of the Village for a long time, many are serving in new roles.

Most of the comments and discussion addressed the following categories:

- Programs,
- Outreach
- Member support and connection
- Volunteerism

Programming is a key function of the Village. Good programming draws new people in and keeps current members engaged. Program interests include additional zoom programs, tech talks with focused topics, arts programming, and interest in another round of obituary writing, a very popular program offered several years ago. There were many comments and suggestions about Village outreach. Navy Yard and Buzzards Point communities, which are areas served by the Village but not well represented in our membership, were identified.

Village diversity is an ongoing priority and should be included in all of our outreach efforts. Member support was also discussed; one idea that has been around for awhile is member-to-member communication. Village staff has drafted guidelines for a pilot program to list member announcements in email bulletins. Information on that is detailed in an article below. Volunteerism, both in the broader community and within the Village, were discussed.

"It is clear the Village members want to know what the needs are and are committed to supporting the work that is happening," said Executive Director Pam Troutman. "We will continue to work on providing clear information about what the needs are and how this great community can continue the mission of neighbors helping neighbors."

Eicher, Troutman, and new Assistant Executive Director Patricia Johnson all agreed on one thing: Members who are engaged and committed make a huge difference.

Eicher was very pleased with the outcome of the town hall. "I'm happy with the direction we've been going, but after hearing all these great suggestions, I'm also looking forward to a fresh start."



SPOTLIGHT EVENTS



Solo Aging/Aging Well
Feb. 1, 8, 15, 22, 29
4pm via Zoom

(registration for this class is closed)

Solo Aging registrants will meet via zoom for 5 sessions, starting February 1. If you missed this one, don't despair. This class will be offered again, in-person, in the fall. Topics include future planning, exploring retirement community options, services for successful aging in your current home, building a support team, communicating your plans to loved ones, and more.

Tech Talk with Dick Lang

A Scam and Identity Theft Update

Wednesday, February 7 at 3pm
Via Zoom



Have you ever received an email that starts "Dear User" and then goes on to tell you that they are debiting money from your bank account to pay for something? Or have you received an invoice to renew your car maintenance and you don't even own a car?

Unfortunately, scams are prevalent on the Internet. Don't be a victim!
When in doubt, do not click!

According to the Federal Trade Commission website, fraud cost consumers \$8.8 billion last year. That's up 44% from 2021. Americans lose money to fraud on social media platforms more than any other method of communication, including websites, phone calls, e-mails, online advertising or mail. Get your questions ready.



Sports and Fitness

Tennis anyone? How about ping pong? No, neither of those. Pickleball is back on our schedule. The 2023 Sports & Fitness Industry Association's (SFIA) Topline Participation Report announced that pickleball continues to be America's sport for the third year in a row (out of 124 tracked).

Let's meet at noon on **Thursday, Feb 1 and Feb 15** at **Greenleaf Recreation Center** and play. There are typically three courts and people rotate in. All levels are welcome.

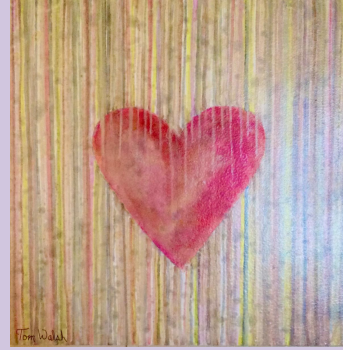
Are you interested in golf? Please email Tricia at pjohnson@dcwaterfrontvillage if you are interested in heading over to the golf range or if you are interested in any other sport that members might enjoy.

Don't forget to join us on Tuesdays, 10a.m. and Wednesdays at 1:00 p.m. for a walk around our neighborhood.

Art Exhibition Planning Session Via Zoom

Monday, February 5, at 1pm

(painting right, by member artist Tom Walsh)



Join us to learn about the four committees that we need for a successful Art Exhibition: Art, Reception Event, Fundraising, and Communication. There are many roles to play. Some are as simple as picking up ice at Safeway the day of the event, we need help assisting with artist recruitment, or reaching out to sponsors. If you have a few minutes or a lot of time, there is a place for you on one of our committees.

This event was a huge success last year, thanks to the many hands that helped. The volunteers who were involved really enjoyed working together. The date for the Art Exhibit is set for June 7 and 8. We hope you'll help us make this happen!

Click **HERE** to join the zoom meeting. The link will also go out in the weekly and daily.



National Museum of African American History and Culture

In Celebration of Black History Month

On February 9, departing from SW at 1pm. We will meet at the Farmer's Market and walk to the metro together.

This is an important local gem and we look forward to experiencing this special museum as a Village community. Current exhibitions include "Make a Way out of No Way," that explores the history of activism in the African American community, and Double Victory, the African American Military Experience, among others. There is too much to take in during one visit, but let's go and get started. Click the button below to register for this trip.

Click here to register for the Museum trip, spots are limited.

Great Decisions at the SW Library

Friday, February 9 at 2:00 p.m.

This first session of Great Decisions features the topic "The United States and the Middle East." If you are interested in joining the group, please be sure to order the materials from the FPA. Click **HERE** to be directed to their website.



Monthly Coffee Hour with Kay Bransford from Memorybanc Wednesday, February 14, 10:00 a.m. at the Village Office

Village coffee hours are always a great place to connect with Village friends and this month's coffee will be no different. This month we are bringing a very special guest to address best practices around organization of financial and other secure information. Kay's organization has created award-winning documents and procedures to help you ensure that you are organized, that your risks of identify theft and scams are reduced, and that others can step in to manage things if you cannot. This topic is relevant to each and every Village member.

We hope you attend this session. You are welcome to invite a friend who could also benefit from this information and who would like to learn about Waterfront Village.

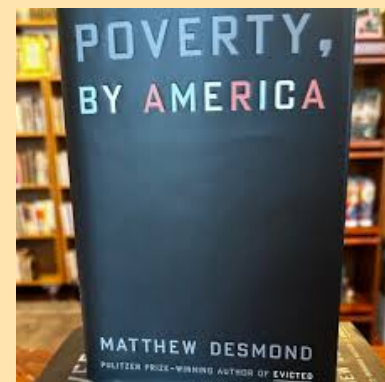
Book Club

Poverty, by America
by Matthew Desmond

Thursday, February 15, 2pm
at the SW Library and Via Zoom

In his own words, "Poverty isn't simply the condition of not having enough money,"

Desmond writes. "It's the condition of not having enough choice and being taken advantage of because of that."



According to the New York Times, "acclaimed sociologist Matthew Desmond draws on history, research, and original reporting to show how affluent Americans knowingly and unknowingly keep poor people

poor. Those of us who are financially secure exploit the poor, driving down their wages while forcing them to overpay for housing and access to cash and credit."



Village Advocacy Group

**Tuesday, February 20
11am at the Village Office**

The Village Advocacy group continues to make progress toward identifying priorities. Pedestrian and sidewalk safety, an urgent care clinic in SW, long-term and home care, and a senior cooperative labor exchange, among others, are on the list.

Local Happy Hour

Wednesday, February 21
4:30p.m. to 6p.m.

Join us at bartaco at the Wharf. Meet up with Village friends and enjoy an evening out. Bring a friend who might be interested in joining the Village.



NEWS YOU CAN USE

Member to Member Communication Update

One of the best parts about Village membership is the connection we have with one another. To further facilitate member communication, the Village is rolling out the Member Bulletin Board pilot program for the months of February and March.



The best way to understand this program is by example. Imagine that Village member Jane Smith is planning to go to the Kennedy Center to see *My Fair Lady*. Jane can send an email to info@dcwaterfrontvillage.org with the following announcement:

"Interested in going to the Kennedy Center to see *My Fair Lady* on February 15?" Email Jane Smith at janesmith@email.com.

To submit an announcement for the Bulletin Board, send an email to

info@dcwaterfrontvillage.org with the words "Bulletin Board" in the subject line. You must send announcements by 3pm for it to be included in the next day's bulletin. We will begin by listing announcements once, if time and space allows we may list something a second time. At the end of March, we will be evaluating this program to see if it is meeting the goal of member-to-member connection in the most efficient way.



Waterfront Village at Work

January was a busy month at the Village. Dick Lang answered a number of technical calls ranging from issues with computers to issues with speakers. A new volunteer Nancy Smith is helping us make calls. CJ and Shirley continue to step up and lead our walks to new destinations. Overall, Village staff and volunteers provided more than 70 services to members. Following the soup social, members helped take down

chairs and tables and carry things back up to storage. It truly takes a village to successfully execute our mission.

"The post-holiday season is an important time to be in touch with members," said Executive Director Pam Troutman. "Many member look to the new year to get things organized, to make some decisions. That is exactly the sort of work the Village is good at!" Several members are interviewing outside service providers, from daily money managers to care managers. Other members are planning visits to retirement communities. The Village plans to organize some trips to these communities as we get closer to spring. If you have communities you would like to visit, we would love to hear from you. Email Pam at ptroutman@dcwaterfrontvillage.org.

AARP Free Tax Preparation Assistance

This free service is a great way to check your taxes off your list! Assistance is available at the SW Library **by appointment only** from Feb 5 to April 15. To make an appointment, call 202-656-0442.



Be certain that you have, or will have, all of your 2023 tax documents, photo ID, Social Security card, and health insurance information before scheduling an appointment.



Coming together is a beginning. Keeping together is progress. Working together is success. - Henry Ford

The DC Village Collaborative (DCVC) went through an extensive interview process and has selected their first ever Executive Director, Dr. Katrina Polk to build collaborative efforts among the existing 13 villages in Washington D.C. Dr. Polk, who goes by the nickname Dr. Kat, has over 20 years experience in a variety of settings focused on improving life for older adults. She has a doctorate in public policy

and administration but, equally as important, she has the heart, the mind and the experience to assist us in achieving our mutual goals.

While collaboration is a key goal, Dr. Kat is eager to expand our membership into underserved areas of our DC community and increase the diversity that is so crucial to having a robust and effective membership.

The DC Villages Collaborative will greatly benefit from having her in this role. We look forward to having her onboard!

Waterfront Village Annual Awards Nominations Now Open

It is that time of the year again! There are so many wonderful people who give of their time, talent, and treasure to make the work of the Village possible. Each year we welcome you to nominate those who are making a difference. Click the button below to be taken to the Award nomination form. Nominations are due by Friday, February 23rd.



President's Award- This award recognizes sustained commitment, outstanding leadership and documented achievement in support of the Waterfront Village.

Champion's Award- The Champion's Award honors individuals or businesses for their generous support of Waterfront Village. It recognizes the financial and/or other contributions made on behalf of Waterfront Village.

Outstanding Service Award- Volunteers are the lifeblood of the Village. This award focuses on volunteers who have made significant contributions to the Village through their volunteer service to our

members. The recognition may focus on a one-time event or a body of work that represents a remarkable achievement.

Award Nominations

VILLAGE VOLUNTEER CORNER

The Village is seeking volunteers for the following opportunities:

1. Identify monthly zoom speakers so that we can increase Zoom programming;
2. Monthly newsletter delivery person for those members who do not have internet access (about ten deliveries/month);
3. Prescription pickup or light grocery shopping
4. Art Exhibit committee- lots of roles to play, come learn about them on Monday, Feb. 5 at 1pm via zoom.

If you are able to help, email Pam at ptroutman@dcwaterfrontvillage.org

RECURRING EVENTS



Chair Yoga

Mondays AND Fridays, 11:00 a.m.
Westminster Presbyterian Church

This class includes breathwork, light weight lifting, oiling the joints, seated and standing stretches (standing is optional). This program is offered by Pamela Wilson and is enjoyed by several Village and community members. A \$5 donation is welcome.

Village Walking Club

Tuesdays at 10:00 a.m.

Wednesdays Short Walk 1:00 p.m.

Location: Meet at 4th and M Street

Tuesday walks are at least an hour long and sometimes end in a coffee shop! Shorter walks are on Wednesdays. We want these walks to be enjoyable for as many members who want to stroll the neighborhood.



Waterfront Village Meditation Group
Mondays, February 12 and 26

2:00 p.m. at the Village Office

This Village group is growing. Please come and join us as we explore this wellness practice. If you have not ever tried meditation but would like to try this out, we welcome you.



Grocery Shopping Shuttle Thursdays at 1:00 p.m.

Join us on Thursdays for a trip to Harris Teeter! We are happy to provide a grocery shuttle to Harris Teeter and back. Register for this service on the Village website by 3:00 p.m. on Wednesday or email Pam at ptroutman@dcwaterfrontvillage.org

Upcoming Events

March 18- NSO comes to Waterfront Village
March 23- Cherry Blossom Opening Ceremony
April 6- Anniversary Brunch
April 26- Day Trip to Lorton Workhouse Art Studio
May- Story Telling Workshop
June- 7 & 8- Art Exhibition
July 16- Ice Cream Social
August- Senior Week
September 12- BBQ and Home Service Expo
October- Home Tour, date TBA
November 25- Friendsgiving

New Members

Ray Olson
Frani Williams

Have a neighbor or friend who might be interested in joining the Village? Please reach out to them. Our current members are our best bridge to future members.

Renewing Members

Ruth Anderson

Philippe Hutinet

Barbara Bonessa & Alan Perkins
Candice Bryant
Peter & Stephanie Eicher
Marie Giovanelli
Jim and Ardith Harle
Michael Hindi

Helen Mulkeen
Thorney Staples
Wayne Terwilliger
Sharon Wallis
Leonard Weeks
Sheila Wood

Village Mailing Address

Please send any correspondence or payments to the following address:

Waterfront Village
P.O. Box 70372
Washington, DC 20024

Do not mail anything to our physical address, it is very likely to get lost.



Waterfront Village is a 501(c)(3) public charity (EIN 81-1859871) incorporated in the District of Columbia is a member of the DC Villages collaborative and the Village to Village Network, operating under the guidance of the District of Columbia Department of Aging and Community Living.

Pam Troutman
Executive Director

Peter Eicher
President

P.O. Box 70372, Washington, DC 20024

202-656-1834 info@dcwaterfrontvillage.org

www.dewaterfrontvillage.org

Waterfront Village | PO Box 70372, Washington, DC 20024 www.dewaterfrontvillage.org

[Unsubscribe](#) info@dcwaterfrontvillage.org

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by info@dcwaterfrontvillage.org powered by



Try email marketing for free today!

